

LifeSpanTM

soft stride TR2000-HR

Owners Manual
Version 1.3

*Built
for Life[™]*



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Congratulations on the purchase of your LifeSpan treadmill.

We all know that exercise is a key component to achieving the level of Health and Wellness that all of us desire. Regular activity prevents the development of numerous diseases, helps to reduce stress, leads to an improved self image, weight loss and increased energy levels.

The LifeSpan product line is designed specifically for people who want to make exercise a part of their lifestyles. Your softstride treadmill includes the features you want to make your exercise routine enjoyable and effective. These features include preset programs that you can tailor for your specific requirements, display readouts to monitor the intensity and duration of your workout, and grip pulse to monitor your heart rate. The foldable feature gives you the convenience to store the softstride in a small space.

To complement these features we have designed and manufactured your treadmill to the highest quality standards. The all steel frame construction, heavy duty deck, pre-lubricated belt, and 2 horse power continuous duty motor are all included to provide years of use and require minimal ongoing maintenance.

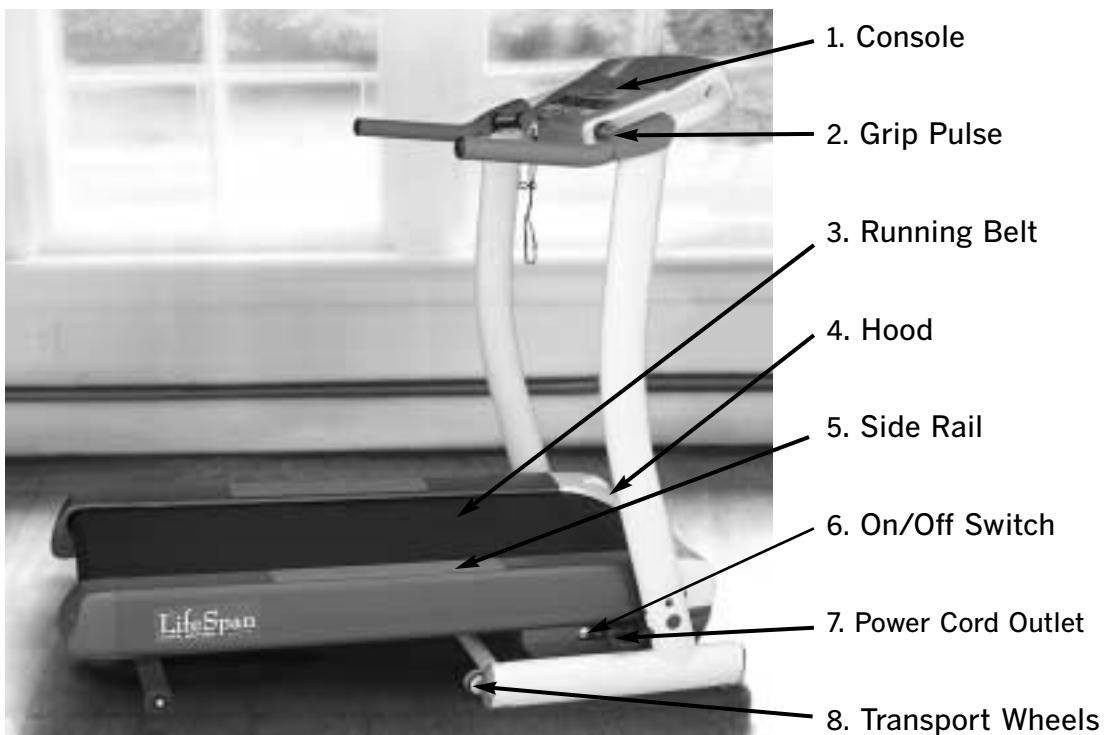
Please read this manual thoroughly before assembly and operation of your LifeSpan treadmill. It includes basic information on starting an exercise program, and safety tips that will assist you in reaching your goals for a healthy lifestyle.

To keep your treadmill in optimal condition, please pay attention to the maintenance and cleaning section of this manual and remember that some kinds of service should only be performed by a qualified service technician. If service is required, please contact your authorized PCE Health and Fitness Retailer. If a question or problem arises that cannot be answered by your retailer, contact us:

PCE Health and Fitness
PO Box 981316
Park City, Utah 84098-1316
Phone: (435) 940-1180
Fax: (435) 649-3141
www.pcefitness.com

Neither PCE Health and Fitness nor its representatives can accept responsibility for any damage or injury incurred as a result of information presented in the manual except under the terms of the product warranty.

specifications



Dimensions	59" L * 30.7" W * 50" H 154.5cm L* 78.1cm W * 127.8cm H
Dimensions Folded	26" L * 30.7" W * 58" H 66.3cm L * 78.1 cm W * 147.8cm H
Weight	198 Pounds
Construction	All Steel Welded Frame
Power Requirements	120 Volts nominal (grounded outlet required) 10 Amps
Motor	2 Horsepower Continuous Duty
Display Type	4 LED Windows with Oval Track
Data Displayed	Time, Distance, Calories, Heart Rate, Incline, Speed
Programmed Courses	Manual, Stride, Interval, Hill Climb, Weight Loss
Speed Range	.5 – 10 MPH (.8 – 16 KPM)
Incline Range	0% - 10%

limited home use warranty

The LifeSpan softstride TR2000-HR comes with the following limited warranty, which applies only to the use of this treadmill in the home, for residential, non-commercial purposes:

- Frame: Lifetime
- Motor: Lifetime
- Parts: 2 years
- Labor: 1 year

PCE Health and Fitness warrants that the equipment it manufactures is free from defects in material and workmanship under normal use and service. The periods above are based on the date of purchase. During these periods, PCE Health and Fitness will repair or replace any defective part. Free labor is included for the first year.

If within the time frames specified above, any part of the LifeSpan softstride fails to operate properly contact your authorized PCE Health and Fitness retailer to report the problem. All labor shall be supplied by the authorized retailer that sold your product and the product must be located within that retailer's service area. If you are unable to reach the dealer that you purchased the product from, contact PCE Health and Fitness at our web site, www.pcefitness.com or at (435) 940-1180.

PCE Health and Fitness reserves the right to make changes and improvements in our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your treadmill, only authorized parts can be used. The warranty is void if any parts other than those provided by PCE Health and Fitness are used.

Exclusions and Limitations

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly or maintenance, accident, or an "act of god".
- This warranty does not apply to discoloration of paint or plastics
- PCE Health and Fitness shall not be responsible for incidental or consequential damages.
- This warranty is nontransferable from the original owner.

Registration

You must register your LifeSpan product before a warranty claim can be processed. To complete your registration card online, go to www.pcefitness.com and fill out the registration card online or fill out the warranty card provided with your treadmill and mail it today.

important safety precautions

Note: Read ALL instructions before using your LifeSpan treadmill.

When using electrical equipment, basic precautions should always be followed, including:

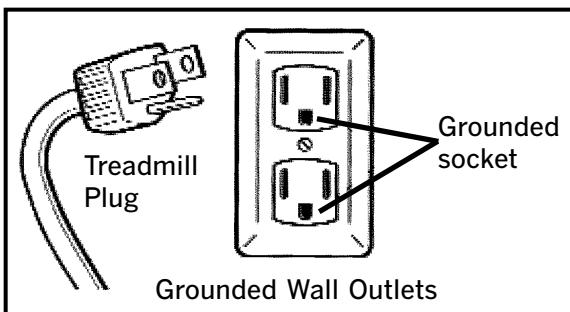
- Never drop or insert any object into any opening.
- Never operate this treadmill if it has been damaged, if it is not working properly or if it has been exposed to water. Return the treadmill to a retailer for examination and repair.
- To reduce the risk of electric shock, unplug the treadmill from the wall outlet when not in use, before performing any maintenance, before folding the treadmill, or before moving the treadmill.
- Do not use outdoors.
- Never attempt to operate your treadmill unless it is completely unfolded.
- Do not lean against or climb on the treadmill, especially when in the folded position. Doing so may result in the treadmill tipping and falling and could result in serious personal injury.
- Do not hang or place items on the folded treadmill. Doing so could result in shifting the weight balance of the treadmill causing it to tip over or fall causing serious personal injury.
- Do not operate the treadmill with the side rails or dust covers removed.
- Keep the treadmill on a solid surface, with the sides and front a minimum of two feet from any walls and furniture. Make sure that the area behind the treadmill remains completely clear during use. A minimum of 4 feet of clearance behind the treadmill is required for safety reasons.
- Do not operate where aerosol spray products are being used or where oxygen is being administered.
- Never place the power cord under carpeting or place any object on top of the cord, which may pinch or damage it.
- Use this exercise product for its intended use as described in this Owners Manual. Do not use attachments that are not recommended by PCE Health and Fitness
- Do not leave your treadmill running while not in use.

Children and Pets

- Keep children off your softstride treadmill at all times.
- When in use, young children and pets should be kept at least 10 feet away.

Grounding Instructions

- Never use extension cords between the treadmill and the wall outlet.
- This product is for use on a nominal 120 volt circuit, and has a grounding plug similar to the illustration below. Never remove or otherwise bypass with an adapter the electrical ground that is included.



Danger: Improper connection of the equipment grounding conductor can result in the risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit in the outlet, have the proper outlet installed by a qualified electrician.

Other Safety Tips

- Always consult a physician before beginning this or any exercise program.
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing or jewelry that might catch on any part of the treadmill.
- This treadmill is equipped with a safety key. If the key is removed from the display, the treadmill will immediately stop. Always clip the cord that is attached to the safety key to a part of your clothing so the key will be pulled from the display, stopping the treadmill, in case of an emergency.

Save These Instructions

getting fit

Cardiovascular endurance is the most important component of physical fitness. There are two types of cardiovascular training, these are interval training and steady state training.

Interval training varies the amount of effort required to workout. On your softstride treadmill several programs fall under the definition of interval training. The Interval program keeps the incline constant and increases the speed for short periods, the Stride program modifies the speed and incline, and the Hill Climb and Weight Loss programs modify the incline of the treadmill and keep the speed constant.

Steady state training keeps the workload constant. Your Manual program on the softstride treadmill gives you this Steady State workout and allows you to manually control the speed and incline of your treadmill. If you have a requirement to maintain a steady heart rate during your workout, the manual program is the best selection.

There is no one exercise program that is right for everyone. Your age, current level of physical fitness, and your goals should all help determine the program that is right for you.

Regardless of your personal fitness goals and the program that you pursue, warming up and cooling down before and after you workout will help reduce the risk of injury and improve the effectiveness of your workout.

Warming up is important to bring your body from its normal level of activity to a state where it is ready to exercise by increasing the flow of blood to the muscle to raise the muscle temperature. This will increase the muscle elasticity and protect the joints. The warm up period also helps to mentally prepare you for your workout.

Warmups should be done at a low intensity level and last for at least five minutes.

Cooling down after your workout is required to gradually bring your cardiovascular system down to its normal level.

Follow your workout with at least 10 minutes of stretching. Focus on the major muscle groups of the lower extremity. When stretching, stretch the muscle until you feel gentle tension, hold it and wait for the tension to relax while the muscle elongates, stretch the muscle again until you feel gentle tension.

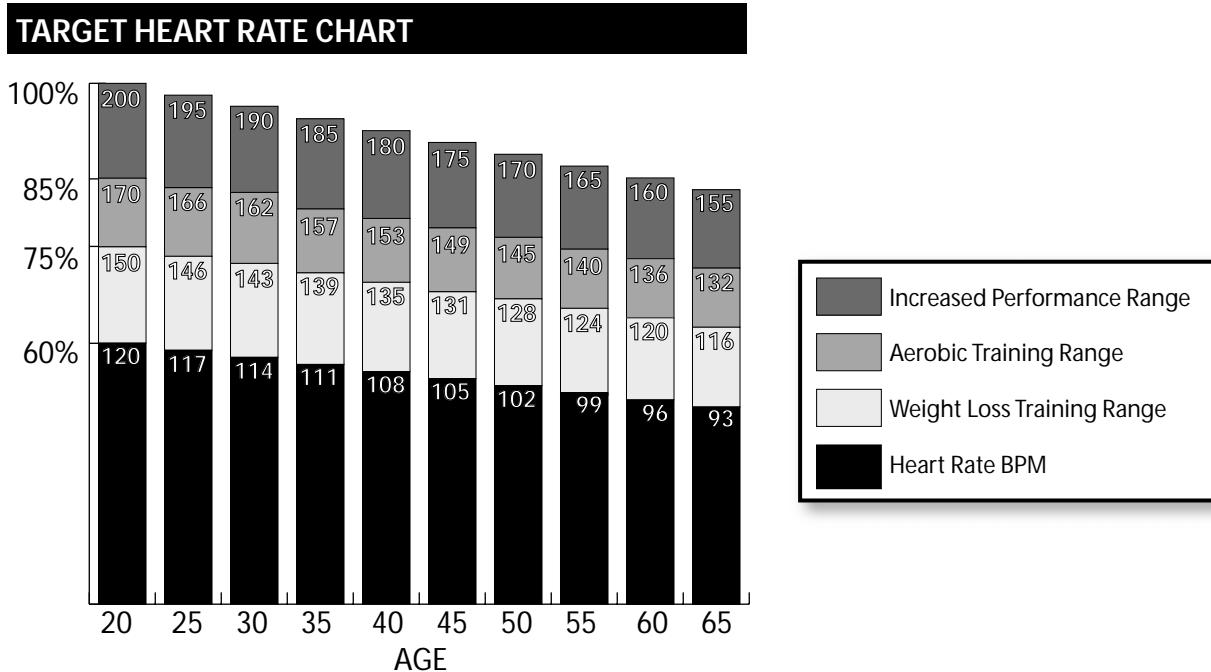
Do not bounce when you stretch, bouncing is not an effective approach to stretching and can lead to injury.

The three components of a successful cardiovascular exercise program are:

- Frequency
- Intensity
- Time

In terms of **frequency**, you should try and exercise at least three times per week and no more than five times per week. Preferably you should try to exercise every other day to give your body a days rest in-between workouts.

The **intensity** of each workout refers to how hard you feel your working and can be measured by your heart rate. Depending on your fitness goals, exercise between 55% and 90% of your maximum heart rate. A simple way of estimating your maximum heart rate is by subtracting your age from 220. As a general rule of thumb, if your fitness objective is to Lose Weight, you will want to keep your heart rate at between 60% and 75% of your maximum heart rate. If your objective is improved aerobic performance keep your heart rate between 75% and 85% of your maximum heart rate.



To achieve benefits from your workout, your workout **time** should be at least 20 minutes per session. If you are trying to lose weight focus on longer (more than 30 minutes) less intense workouts, to improve your aerobic performance focus on shorter more intense workouts.

As a rule of thumb when your exercising, if your having trouble completing a sentence, you are working too hard. When exercising, you should be able to speak freely without gasping for air.

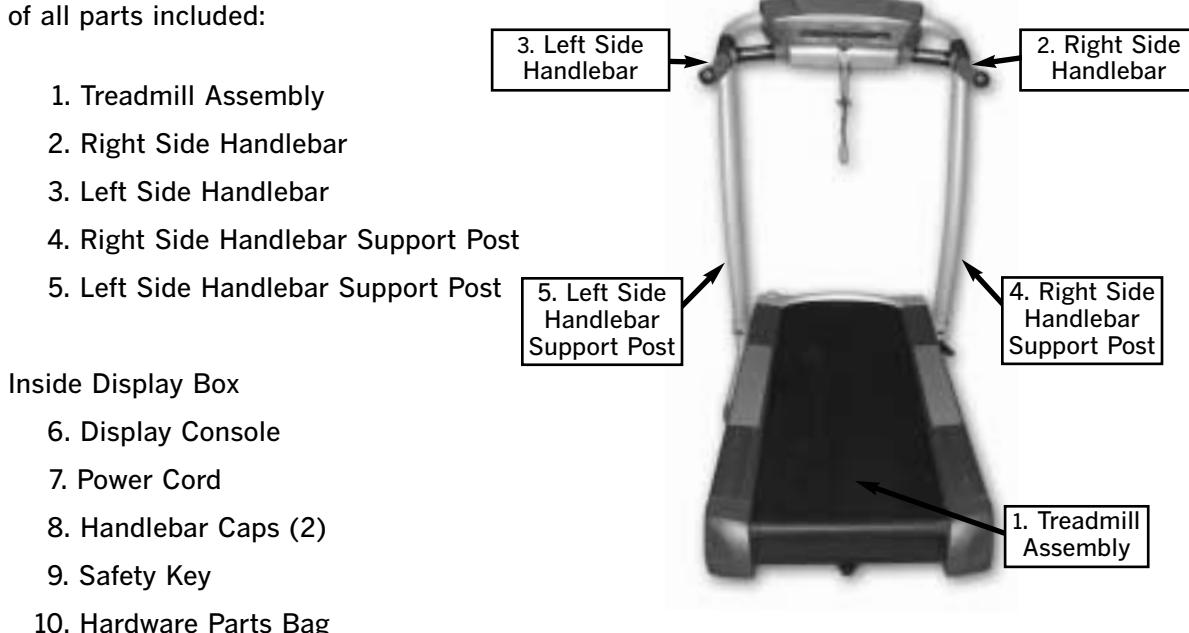
assembly instructions

Since your treadmill is a heavy piece of equipment, we recommend that after taking off the top portion of the box, you slit the corners of the lower carton and fold down the sides. This will eliminate the need for you to pick up the treadmill over the sides of the box.

We also recommend that you use 2 people to assemble your treadmill, as some of the parts need to be held in place while the electrical connectors are pushed together.

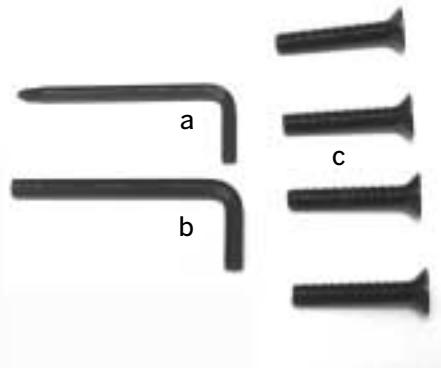
Prior to starting the assembly process take all of the parts out of the box, remove all plastic bags, and lay them out of the floor to become familiar with the components. Make sure that you remove all parts packaged underneath the treadmill. You may need to slightly pick up the back of the treadmill to get better access to the parts on the bottom. You will notice that the treadmill is completely assembled except for the handlebars and the display.

The following is a complete list of all parts included:



Locate the plastic bag, found in the display box. This bag includes the hardware required to complete the assembly of your softstride treadmill.

- a. 5mm Allen Wrench
- b. 6mm Allen Wrench
Used for belt tensioning
- c. Long 5mm Flat Head Screws (4)
Used to attach the handlebars to the Handlebar Support Posts



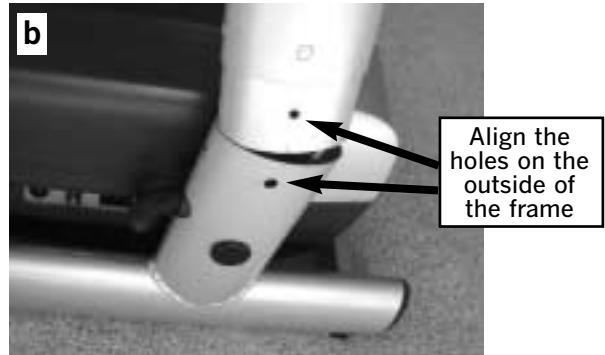
Handlebar Support Post Assembly

Note: During the handlebar assembly process it is best to wait to tighten all screws until after the handlebars are assembled.

1. (a.) Locate the right side handlebar support post, remove the three Button-Head screws at the bottom of the post, and lay the post on the treadmill deck with the bottom of the post next to the top of the post coming up from the base. Push together each of the two connectors on the bottom of the support post. (see illustration a).

(b.) Push the handlebar support post into the base frame. Be careful not to pinch the wiring when you slide the top support post into the base tube.

Make sure that you align the 3 holes on the bottom of the tube with the 3 holes in the base tube (see illustration b).



2. Take the left side oval support post and slide it into the oval tube on the left side of the base. Make sure that you align the 3 holes on the bottom of the tube with the 3 holes in the base tube (see illustration b).

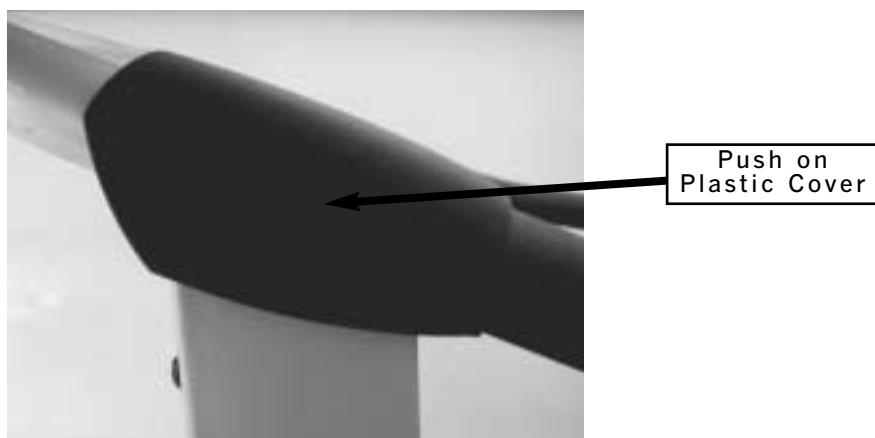
Note: The left oval support post does "not" have wire connectors coming out of the bottom.

Handlebar Assembly

1. (a.) Locate the display console assembly, the right and left side handles and the four allen head screws from your hardware bag. (Keep these items within reach as you assemble the display console and handlebars.) Connect the two connectors on the right side of the console with the connectors coming up from the handlebar support post. Push the extra wire into the support post and rest the display console on each support post.
- (b.) Now slide the right side handlebar into the console assembly (see illustration b) and align the two holes with the holes in the display console assembly. Hand tighten the two allen head screws into the support post. Perform the same step on the left side of the handlebars.
- (c.) Once all four screws are tightened by hand, use the 5 mm allen wrench to tighten all four screws.



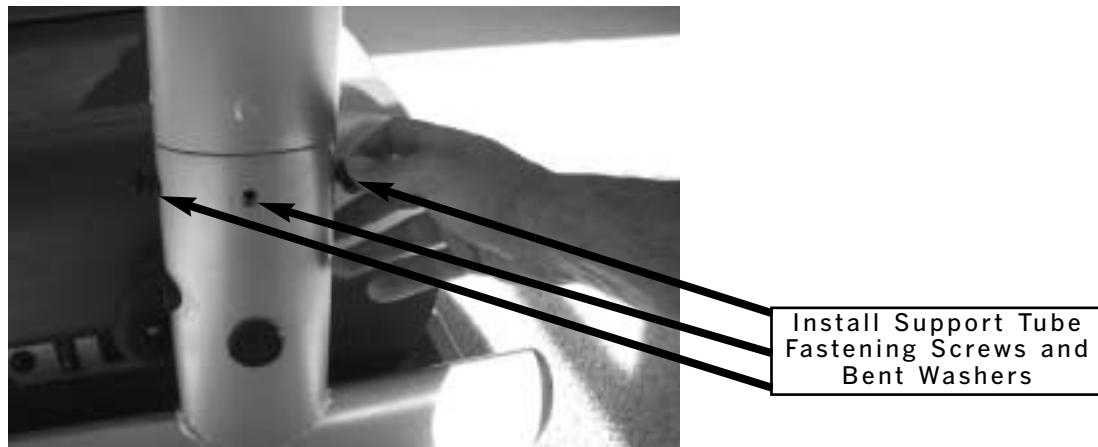
2. Push on the plastic covers that go over the handlebar joint as shown in the picture.



Handlebar Assembly (Cont.)

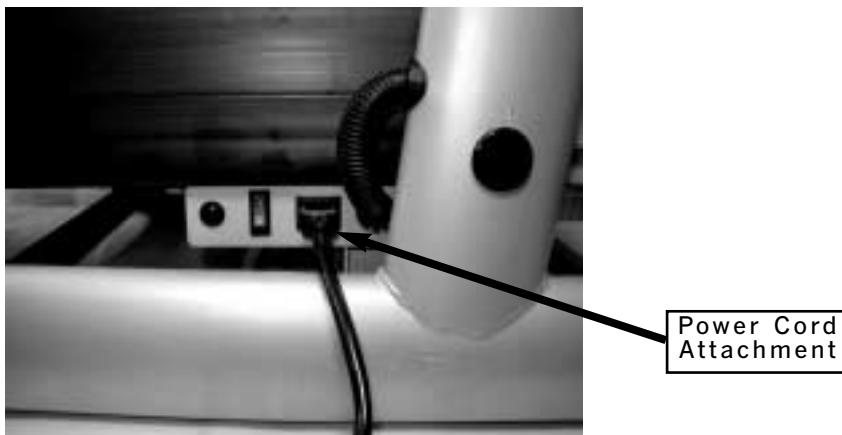
3. Using the 5mm Allen wrench, securely tighten 3 of the short button head screws with washers on the bottom of each oval support post.

Note: Two of the washers are bent to match the shape of the side of the oval tube and 4 of the washers are bent to match the shape of the front and back ends of the oval tube. Make sure that you use the correct washer for each location.



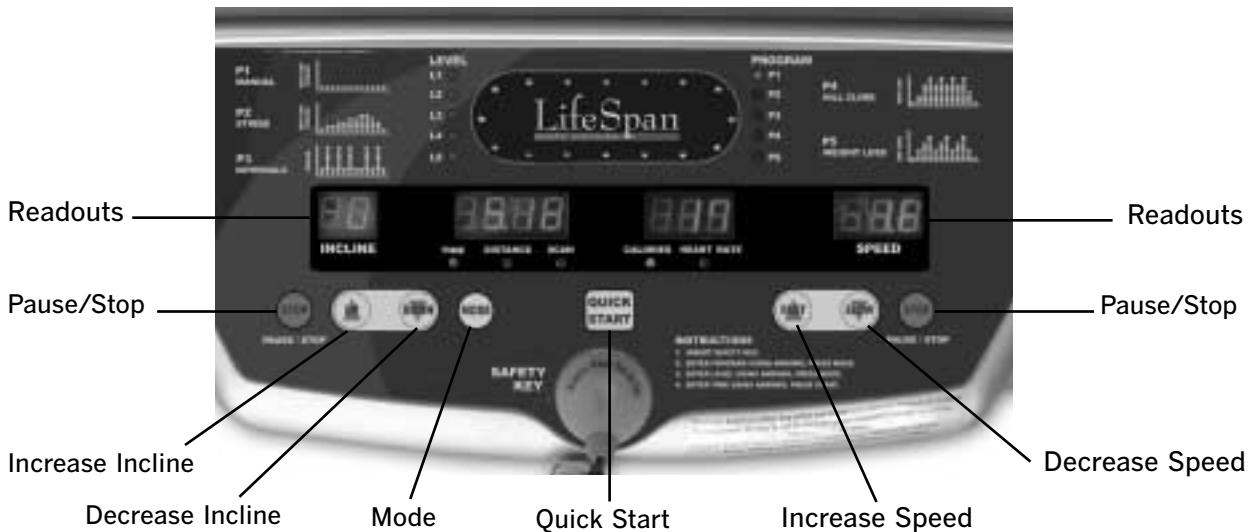
Power Cord

The turn on switch, fuse and power connector are all located on the front right side of your treadmill. You can now plug in the power supply and then attach the safety key.



electronics overview

Display Functions

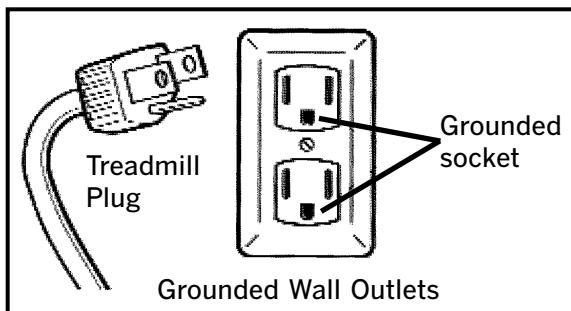


Grounding Instructions

This product must be properly grounded to work safely and properly. If a malfunction should occur, grounding provides a path for electric current and reduces the risk of electric shock.

Your LifeSpan treadmill includes a standard American ground plug. Do not alter this plug in anyway and do not by pass the ground with an adapter. Plug your treadmill into a 115 VAC/10 amp grounded electrical outlet with 115 volts measured at the treadmill. If this breaker switch has other appliances that run at the same time, you may experience problems with the breaker switch or erratic performance from your SoftStride treadmill.

Using electrical power other than the one specified above will void any warranty, implied or otherwise.



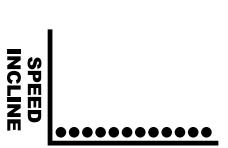
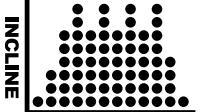
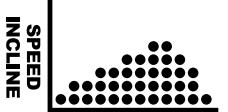
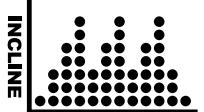
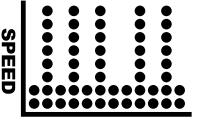
Warnings

Improper connection of the grounded plug can result in the risk of shock. Check with a qualified electrician if you have any questions or are in doubt as to whether the product is properly ground.

Never use extension cords between the treadmill and wall outlet.

exercise programs

The Softstride comes with 5 Program types. For each program, except Manual you can select five different levels of difficulty with one being the easiest and 5 being the most difficult.

Name	Program Profile	Name	Program Profile
Program 1 – Manual		Program 4 – Hill Climbs	
Program 2 – Stride		Program 5 – Weight Loss	
Program 3 – Intervals			

Manual –the Manual program can be selected by depressing the "Quick/Start" button or by selecting Program 1 and entering a workout time before starting your workout. This program gives you the maximum amount of control and only changes when you initiate the change in either "Speed" or "Incline". The Manual program should be used for steady state training.

Stride – the Stride program is the only program that automatically changes both "Speed" and "Incline". This program gradually increases the speed and incline of your workout and raises your heart rate in the process. After reaching the maximum speed and incline, the program gradually brings the incline and speed back to where you started in your workout. The range of "Speed" and "Incline" for each level is shown in the table below.

	Starting Speed	Max. Speed	Starting Incline	Max. Incline
Level 1	1.0 MPH	3.0 MPH	1 Degrees	5 Degrees
Level 2	1.5 MPH	3.5 MPH	2 Degrees	6 Degrees
Level 3	2.0 MPH	4.0 MPH	3 Degrees	7 Degrees
Level 4	2.5 MPH	4.5 MPH	4 Degrees	8 Degrees
Level 5	3.0 MPH	5.0 MPH	5 Degrees	9 Degrees

As with all of the programs, you can manually override the "Speed" and "Incline" at any time during the workout.

Interval – the Interval program changes "Speed" to raise your heart rate for a short period and then reduces the speed to bring your heart rate back down again. The starting and maximum speeds vary depending on the level that you chose but range from a starting speed of 1 MPH in Level 1 to 4 MPH in Level 5. At each level, the speed will increase by 3 MPH during the sprint portion of the interval. The length of the sprint period will depend on the length of the workout that you choose.

Hill Climb – the Hill Climb program lets you set the Speed that you want to walk or run and adjusts the Incline to increase and decrease the intensity of the workout. At Level 1 the incline ranges from 1 to 6 degrees and at Level 5 it varies from 5 to 10 degrees. This program tends to keep the level of Incline higher than the "Weight Loss" program and is an effective program to improve strength.

Weight Loss – the Weight Loss program is similar to the Hill Climb program in that they both vary the incline and keep the speed constant. The difference in this program is that rather than being set for a specific time period, the workout is based on distance. During Set-up, the Level that you pick determines how far you need to walk or run until the program is completed. The distance ranges from 3 miles in level one to 11 miles in level 5. Before starting your treadmill the following actions will need to be properly completed:

treadmill operations

1. Be certain that your treadmill is completely unfolded and sits stable on the floor. It is also recommended that you locate your treadmill in a pleasant area that gives you something to look at while you're working out, such as a window or television. Maintaining an exercise program with a treadmill located in a poorly lit basement room is more difficult than when your treadmill is located in an active and pleasant location.
2. Make sure that your treadmill is plugged into a properly grounded outlet as described in the grounding section of this document.
3. Turn the On/Off switch, which is located in the bottom right hand corner of your treadmill, to the On position.
4. Insert the magnetic safety key in the round area centered at the bottom of your display. If the safety key is not inserted properly you will see lines across the middle of each LED display.



QuickStart

1. Attach the "Safety Key" to your clothing. This key will immediately shut off your treadmill if removed and is strongly recommended for your safety.
2. QuickStart - The quickest and easiest way to start your treadmill is to push the QuickStart button. This will cause the display to count down for 5 seconds and then begin in the "Manual Program" at .5 Miles Per Hour.
3. Speed - To increase the speed push on the "Fast" button. Each time you depress the "Fast" button the speed will increase by .1 Miles Per Hour
4. Incline - To increase the "Incline" depress the "Up" arrow. Each time you depress the "Up" button it will increase the incline by one degree. To reduce the incline, depress the "Down" button.
5. Display Readouts - Besides "Speed" and "Incline" the LED windows will automatically show "Time" and "Calories" when you start a workout. In the "Quick Start" mode, time will start to count up from 0:00.
6. Heart Rate - When you put both hands on the Grip Pulse hand grips, the "Calories" display will automatically shift to the "Heart Rate" readout and scan back and forth between "Heart Rate" and "Calories" as long as your hands remain on the hand grips. It is recommended that you leave your hands on the hand grips for at least 10 seconds to get the most accurate reading.

Program Setup and Selection

1. To Start a program simply select the desired program by pressing on either the "Up" and "Down" or "Fast" and "Slow" buttons and then pressing the "Mode" button.
2. For all programs except the "Manual Program" you will now need to select a "Level". To select a "Level" press either set of "Up" and "Down" arrow keys. Level 1 is the easiest and Level 5 the most difficult. Once the desired level is obtained, push the "Mode" key.

Note: If you choose the "Weight Loss" program, when you select the Level, you will automatically preset the distance for your workout. As a result, you will not be asked to select a desired workout time. If you choose the "Weight Loss" program go to step 4 and push "Quick Start" after selecting the level.

3. Now chose how long you would like to workout by pressing either set of "Up" and "Down" arrows. Each time you push the up or down button the workout time will change by one minute. You can also hold these buttons down to quickly scroll through the time.
4. Once the desired time is selected, push the "Quick Start" button to begin your workout.

Note: If you push the "Mode" button after selecting the workout time, the time on the display will go to 00:00 and begin to count up to the time that was selected. You can push the "Mode" button again and the time will count down during your workout.

moving and storage

The softstride treadmill comes with a folding feature that reduces the amount of storage space required when your treadmill is not in use and makes the treadmill easier to move.

Folding the Treadmill

1. Make sure that the On/Off switch is turned Off and the power cord is removed from the treadmill and placed in a safe place, away from where you will be moving the treadmill.
2. Make sure that nothing is on or near your treadmill which might spill, be knocked over or prevent the treadmill from completely folding.
3. (a.) Place both hands under the support bar that is located directly under the back of the running belt on your treadmill to make sure that you have a solid lifting point

(b.) Lift the treadmill all of the way forward until it touches the handlebars. Make sure that the hydraulic lift is properly locked in place.

Caution: When lifting, use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up evenly with both arms.

(c.) Make sure that the locking mechanism is secure by gently pulling back on the treadmill and make sure that it doesn't move. When doing this, be careful to be securely positioned in case the treadmill lock has not engaged.



Caution:

- *Do not fold the treadmill by lifting on the running belt or rear roller. These parts do not lock in place and are difficult to grip when folding - personal injury or damage to the treadmill could result.*
- *Do not lean against the treadmill once it is folded or place items on it that could cause it to become unstable or fall over. This could result in serious personal injury.*
- *Do not connect the power cord when the treadmill is folded or try to operate the treadmill in the folded position*

Moving the Treadmill

You will notice that there are two wheels located on the treadmill base to transport the treadmill once folded. See the picture below:



1. (a.) While standing securely on the floor, grab the handlebar on each side and pull back on the treadmill to transfer the treadmill weight onto the transport wheels.
- (b.) Lower the treadmill so that the weight is shifted to your hands, like moving a wheel barrow, and pull or push the treadmill into the proper position.
- (c.) Once you get to where you want to store the treadmill, make sure that you have adequate clearance in the front and gradually shift the weight forward, off of the wheels and onto the base.



Unfolding the Treadmill

1. Make sure that you have adequate space to lay down the treadmill and that the surface is level and solid. If you plan on using the treadmill when unfolded, make sure that there is at least two feet of clear surface on both sides and the front, and four feet of available surface in the back.
2. Inspect to ensure that nothing is on or near your treadmill that might spill, be knocked over or prevent the treadmill from completely unfolding.
3. Position yourself behind the treadmill. With your right hand, slightly push the treadmill forward towards the display and with your left hand pull back on the bottom portion of the hydraulic lift. This will unlock the lift and allow the treadmill to be lowered.
4. Once the locking mechanism is released, place both hands on the support brace underneath the running deck and slowly lower the treadmill. Make sure that you use proper lifting technique, bending your knees and keeping your back straight.



trouble shooting

The softstride treadmill is designed and manufactured to be reliable and easy to use. However, if you have a problem, these troubleshooting steps may help you find the cause.

Problem: The console lights do not light up.

Solution: Check to make sure that the treadmill is properly plugged-in, the On/Off switch is turned to the "On" position, and Safety Key is attached.

Problem: The belt does not stay in the center of the treadmill when in use.

Solution: First check to make sure that the treadmill is level, then refer to the instructions in this manual on how to tension and adjust the belt.

Problem: The treadmill motor seems strained or the fuse becomes blown.

Solution: The lubricating silicon that is applied to the deck and belt is wearing down and the belt needs to be lubricated with silicon spray.

Problem: The treadmill belt slips during use.

Solution: The belt may need to be tensioned after a period of use. Refer to the Belt Tensioning and Adjustment Section of this manual.

Problem: After assembly, the Heart Rate does not show on your display

Solution: Check the wiring connectors in the handlebars and display, that were pushed together during assembly and make sure that they are connected properly and that the wires were not damaged.

maintenance and cleaning

Belt Tensioning

If the belt begins to slip during use, it will need to be tensioned. Your softstride treadmill is equipped with tension bolts that are accessible from the back of the treadmill. Before tensioning the belt, start the treadmill and set the speed to 3 MPH. Using a 6 mm Allen Wrench, included in your hardware bag, turn the right and left tension bolts 1/2 turn, alternating back and forth until the belt slipping stops. After you adjust each side 1/2 turn, test to see if the slipping is eliminated. If the belt still slips repeat this step and test again.

If you turn one side more than the other, the belt will start to drift to the side of the treadmill and need to be aligned.



Belt Centering

Your treadmill is designed to keep the running belt centered, but if the running belt drifts to either side and touches the frame it will need to be adjusted. Before making any adjustments, start the treadmill and set the speed at 3 MPH.

- **Belt Drifts to the Right** - If the running belt drifts too far to the right side, use the 6 mm Allen Wrench to turn the right tension bolt clockwise 1/4 turn at a time until the belt is properly centered.
- **Belt Drifts to the Left** - If the running belt drifts too far to the left, use the 6 mm Allen Wrench to turn the left tension bolt Clockwise 1/4 turn at a time until the belt is properly centered.



Belt Lubrication

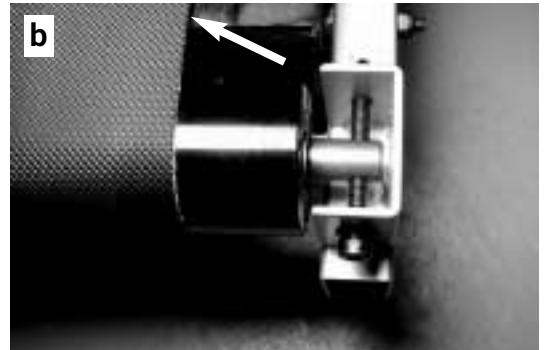
To lubricate the belt, remove the rear end cap on both back corners of your treadmill and spray silicon lubricant onto the back side of the belt.

To remove the endcaps you will need to either lay the treadmill on its side or tip it forward onto the handlebars. Remove the phillips head screw, as shown in illustration A, and slide off both end caps.

Lay the treadmill back into an operating position and turn it onto 2MPH.

Using a silicon spray lubricant with a long nozzle extension, spray the inside of the belt from both sides for 5 seconds.

Replace the end caps and run the treadmill for 10 minutes at 5MPH.



Cleaning

After use, wipe down your treadmill with a soft cloth. On a regular basis, you will also want to clean the treadmill using a mild detergent to remove all dirt and salt from the belt, painted parts and the display.

Avoid getting dirt and other materials on the belt as these materials can work their way under the belt and damage your treadmill or cause components to wear prematurely.



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